

You have been identified as a close contact

You may have been exposed to COVID-19. You need to self-monitor and may also need to self-isolate and/or get tested.

Self-monitoring

Monitor for symptoms of COVID-19 listed below for 10 days from the day you last had contact with the person who has COVID-19, even if you are fully vaccinated or had COVID-19 in the last 90 days.

If you develop symptoms of COVID-19 listed below, please use the [Self-assessment Tool](#) to see if you should get tested for COVID-19.

- Fever or chills
- Sore throat
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

If you have no symptoms of COVID-19, you do not need to be tested for COVID-19.

Testing and results

If you need to get tested, find the nearest testing location: healthlinkbc.ca/covid19test

Self-isolation

Fully vaccinated or had COVID-19 in the last 90 days:

You are not required to self-isolate, and you can continue to participate in routine activities, such as work or school, as long as you do not have any symptoms. **However, do not visit friends or relatives who are higher risk for severe COVID-19 (e.g. those currently in hospital, long term care, those with compromised immune systems, or over the age of 70 years) for 10 days after you were last exposed to COVID-19.**

Fully vaccinated means you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) or it has been more than 14 days since you received a single dose of a 1-dose series (e.g. Janssen).

Not fully vaccinated and did not have COVID-19 in the last 90 days:

You need to **self-isolate for 10 days** from the day you last had contact with the person who has COVID-19, even if you do not have any symptoms. Self-isolation means keeping away from others to help stop the spread of COVID-19. Visit the [BCCDC website](#) to learn more about how to self-isolate. **In addition to the 10 days of self-isolation, you should not visit friends or relatives who are higher risk for severe COVID-19 (e.g. those currently in hospital, long term care, those with compromised immune systems or over the age of 70 years) for 14 days after you were last exposed to COVID-19.**

More details on risk factors for severe disease are available on the [BCCDC website](#).

Positive result

Fully-vaccinated



- Self isolate for at least 5 days
- Continue to isolate if you still have a fever or no improvement in symptoms
- Wear a mask for 5 more days even in settings where it is not required. Avoid higher risk settings like long term care facilities and gatherings.

Not fully-vaccinated



- Self isolate for at least 10 days
- Continue to isolate if you still have a fever or no improvement in symptoms

Negative result

Fully vaccinated or
had COVID-19 in last 90 days

- No need to isolate
- Continue to stay home if you still have a fever or no improvement in symptoms

Not fully-vaccinated



- Self isolate for at least 10 days
- Continue to isolate if you still have a fever or no improvement in symptoms